

Introduced by Senator Torlakson

February 6, 2006

Senate Concurrent Resolution No. 90—Relative to 10 Steps to a Healthy California.

LEGISLATIVE COUNSEL'S DIGEST

SCR 90, as introduced, Torlakson. 10 Steps to a Healthy California.

This measure would express the Legislature's supports for "10 Steps to a Healthy California," including promoting the importance of physical activity and healthy eating.

Fiscal committee: no.

- 1 WHEREAS, The California Task Force on Youth and
2 Workplace Wellness seeks to create and promote programs and
3 policies that decrease the obesity rates in California's schools and
4 workplaces; and
5 WHEREAS, California continues to experience an epidemic of
6 obesity and diabetes, costing the state financially and causing
7 suffering, illness, and death for many Californians; and
8 WHEREAS, Health costs of the epidemic are dramatic,
9 costing the state an estimated \$27.1 billion annually; and
10 WHEREAS, Cities, towns, counties, and special districts have
11 opportunities to affect the epidemic positively, through the built
12 environment, planning, and programs in local communities; and
13 WHEREAS, Schools have opportunities to affect the epidemic
14 by offering nutritious food and snacks, quality physical education
15 and health studies, afterschool programs, and school-based
16 recreation; and

1 WHEREAS, Workplaces can improve productivity, promote
2 health, and reduce liability costs through simple measures that
3 promote employee wellness; and

4 WHEREAS, By supporting realistic goals, the state can move
5 towards reversing the obesity epidemic; now, therefore, be it

6 *Resolved by the Senate of the State of California, the Assembly*
7 *thereof concurring*, That the Legislature supports the following
8 “10 Steps to a Healthy California”:

9 (1) That the Legislature shall promote the importance of
10 physical activity and healthy eating.

11 (2) That every child should participate in physical activities.

12 (3) That schools should only offer healthy foods and
13 beverages to students.

14 (4) That only healthy foods should be marketed to children
15 ages 12 years and under.

16 (5) That produce and other fresh healthy food items should be
17 affordable and available in all neighborhoods.

18 (6) That neighborhoods and communities should support
19 physical activity, including safe walking, stair climbing, and
20 bicycling.

21 (7) That healthy foods and beverages should be accessible,
22 affordable, and promoted in restaurants and entertainment
23 venues.

24 (8) That health care providers and insurers should promote
25 physical activity and healthy eating.

26 (9) That employees should have access to physical activity and
27 healthy food options.

28 (10) That the Legislature recognizes the unique ability of the
29 California Task Force on Youth and Workplace Wellness to help
30 the state serve as a role model for increased physical activity and
31 improved nutrition and wellness throughout the nation; and be it
32 further

33 *Resolved*, That the Secretary of the Senate transmit copies of
34 this resolution to the author for appropriate distribution.